



Administration

APRIL  
2016

# Safety Newsletter

## One Text or Call Could **WRECK** It All

April is Distracted Driving Awareness Month. Thousands have died needlessly because people continue to use their cell phones while driving. An estimated 1 in 4 car crashes involve cell phone use.

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

But, because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction.

**Stop using cell phones while driving.** Many distractions exist while driving, but cell phones are a top distraction because so many drivers use them for long periods of time each day. Almost everyone has seen a driver distracted by a cell phone, but when you are the one who is distracted, you often don't realize that driver is you. Driving and cell phone conversations both require a great deal of thought. When doing them at the same time, your brain is unable to do either well. For example, it's nearly impossible to read a book and have a phone conversation. While driving, this often results in crashes due to delayed braking times and not seeing traffic signals.



**Recognize that hands-free devices are no safer.** With some state laws focusing on handheld bans and carmakers putting hands-free technology in vehicles, it's no wonder people are confused. However, while many drivers honestly believe they are making the safe choice by using a hands-free device, it's just not true.

### North Carolina Distracted Driving Laws



- It is against the law in North Carolina for drivers under the age of 18 to use a mobile phone or any technology associated with a mobile telephone while a vehicle is in motion.

**PENALTY:** If a minor is caught using a mobile communication device while driving, they will receive a \$25 fine. In addition to mobile phones, the law also stipulates the use of "other technology" that provides access to digital media such as a digital camera, email, music, the Internet or games.

- North Carolina prohibits ALL drivers from texting or reading a text message while a vehicle is in motion.

**PENALTY:** A driver that is caught texting or reading a text message while driving will face a fine of \$100 plus court fees of at least \$130.

\*\*For more information visit [www.distracteddriving.ncsc.org](http://www.distracteddriving.ncsc.org) or [www.distraction.gov](http://www.distraction.gov)



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## Weather the Storm

### Prepare for Nature's Most Violent Storms....

#### Lightning

Lightning Causes an average of 55-60 fatalities and 400 injuries each year and costs more than \$1 billion in insured losses each year. There is no safe place outdoors when a thunderstorm is nearby.

#### Lightning Safety Rules

- Get to a safe place. **When Thunder Roars, Go Indoors!**
- Keep away from electrical equipment and water pipes.

#### Tornadoes

A tornado is a violently rotating column of air extending from a cumulonimbus cloud, such as a thunderstorm, to the ground. The average tornado moves from southwest to northeast, but tornadoes can move in any direction and can suddenly change their direction of motion. **Tornado Watch**—NWS meteorologists have determined that tornadoes are possible in your area.

**Tornado Warning**—NWS meteorologists have determined that a tornado is occurring, or likely to occur within minutes, in the specified area.

#### Tornado Safety Rules

- The safest place to be is an underground shelter, basement, or safe room. If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
- Mobile homes are not safe during tornadoes. Abandon mobile homes and go to the nearest sturdy building or shelter immediately.
- If you are caught outdoors, seek shelter. If you cannot quickly walk to a shelter immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
- If flying debris occurs while you are driving, pull over and park. Now you have the following options as a last resort:
  - *Stay in your vehicle with the seat belt on. Put your head down below the windows, covering with your hands and a blanket if possible.*
  - *If you can safely get noticeably lower than the level of the roadway, exit your car, and lie in that area, covering your head with your hands.*



#### Flash Floods and Floods

A flash flood occurs within a few hours of heavy or excessive rainfall, a dam or levee failure, or the sudden release of water impounded by an ice jam. A flood is the inundation of a normally dry area caused by abnormal high water flow. Floods develop more slowly than flash floods, normally greater than 6 hours. Flash floods and floods are the #1 cause of deaths associated with thunderstorms, more than 90 fatalities each year. More than half of all flood-related drownings occur when a vehicle is driven into hazardous flood water.

#### Flash Flood Safety Rules

- Avoid driving, walking, or swimming in flood waters.
- Stay away from high water, storm drains, ditches, ravines, or culverts.
- If you come upon a flooded roadway never drive through it. **TURN AROUND DON'T DROWN!!!**

\*\*For more Severe Weather information visit [www.noaa.gov](http://www.noaa.gov)



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## FIRST AID Awareness Month

When an accident happens, first aid can make the difference between life and death, or between recovery and permanent disablement. April is First Aid Awareness Month. First Aid is the assistance or treatment given to an individual for any injury or sudden illness before the arrival of an ambulance or qualified medical expert. It may involve improvising with facilities and materials available at the time. First Aid treatment is given in order to preserve life, prevent the condition from worsening and promote recovery.



### Protect-Examine-Alert

**Protect** yourself and the injured person. Avoid another accident by eliminating the cause.

**Examine** the victim. Look for severe external bleeding. Check for responsiveness and unconsciousness. Check for breathing. Check for circulation.

**Alert.** Call for assistance or have someone alert the emergency medical service rapidly. Always provide:

- Exact location or address of the accident or incident
- Telephone number where you can be called
- How many people are involved
- Nature of injuries (fractures, burns, etc.)
- Indication of the seriousness of the injuries (breathing or not, etc.)
- What first aid has been given

### Treat the Victim

#### Control the Bleeding:

Apply steady firm direct pressure to the wound using a clean cloth or bandage. Avoid direct contact with the wound. Maintain direct pressure on the wound for 15 minutes. If it is a bleeding extremity and there are no fractures, lie down and raise the extremity.



**Fractures:** Immobilize the fractured limb with a splint. Use ice to control pain and swelling.



**Burns:** Carefully remove clothing, especially when chemicals are involved. First Degree: Place the injured part under slowly running cold water for at least 10 minutes. Second Degree: Do not break the blisters! If the blister should break, clean the burn and apply an antibiotic ointment. Cover the burn with a sterile gauze bandage. Third Degree: Immediately call 911



**Choking:** Clear the airway of obstructions with a finger sweep. Give 5 good taps on the back first. If choking persists administer the Heimlich Maneuver.



\*\*Visit the [www.redcross.org](http://www.redcross.org) for more first aid information

\*\*images provided by ADAM



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## Spring is Here!!

Spring yard and garden work could mean trouble if you don't take the proper precautions. An estimated 135,000 people were treated in hospital emergency rooms last year for injuries associated with power lawn and garden tools, including lawnmowers. When using any garden tool follow these safety tips:

- Dress appropriately: Wear long pants and long-sleeved shirts to provide some protection from thrown objects; wear close-fitting clothes and don't wear anything that could get caught in moving parts, e.g., loose jewelry; wear sturdy shoes with slip-resistant rubber soles; wear eye protection; wear heavy gloves when changing, sharpening, or cleaning blades; wear hearing protection when using motor-driven equipment.
- Walk around the area in which you will be working before starting lawn and garden work, and remove any objects that could damage equipment or cause injury or property damage. Objects such as sticks and stones, metal, glass, and wire can break bones and cause other severe injuries when thrown from lawnmowers and other equipment.
- Handle gas carefully. Remember never to fill gasoline tanks while equipment is operating or when equipment is still hot. Wipe up spills. Store gas in an approved container away from the house. Finally, never smoke or use any type of flame around gasoline.



## Hand And Power Tool Safety

The wide variety of hand and portable power tools available on the market today allow us to perform more tasks more efficiently. However, if used improperly, hand and power tools can cause injury. Use protective equipment and follow proper work practices in order to operate hand and power tools safely.

### Hand Tools: Wrenches, Pliers, Hammers and Screwdrivers

- Choose the correct hand tool that properly fits the fastener you wish to turn.
- Avoid using an extension to improve the leverage of a hand tool
- Do not expose hand tools to temperatures that could weaken tool hardness
- Do not over torque a fastener
- Inspect hand tools periodically for damage, such as cracking, severe wear or distortion
- Always use non-sparking hand tools when in the presence of flammable vapors or dusts



### Portable Power Tools

- Never work with electric power tools in wet or damp conditions.
- Protect yourself from electric shock by insuring your tools are properly grounded; use a Ground Fault Circuit Interrupter (GFI) for corded tools
- Always check for hidden wires that may contact bladed tools
- Only use attachments specifically recommended for your power tools, and ensure their proper installation
- Inspect tools for damage including the cord, presence of guards, correct alignment, binding of components, or any condition that would affect the operation of the tool.
- Always maintain tool control by keeping a tight grip on a tool. Maintain your balance and do not overreach. Secure your work in a vise or clamp for increased stability.
- Avoid unintentional tool start-up by keeping your finger off of the power switch

\*\*For more information visit <http://www.cpsc.gov/en/Newsroom/News-Releases/1993/Approach-Spring-Gardening-And-Yard-Work-With-Caution/> and <http://www.grainger.com/content/qt-188-tool-safety>